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Salisbury Parks & Recreation Department

MISSION STATEMENT

To provide quality leisure services through safe, attractive, maintained parks and diversified programs that meet the current and future needs of the community.



2006-2007

City Park Center
704-638-5295

Civic Center
704-638-5275

Administration
704-638-5291

Hall Gym
704-638-5289

Miller Center
704-638-5297

**CALL 704-216-PLAY FOR PROGRAM
INFORMATION OR VISIT OUR WEBSITE AT:**

www.salisburync.gov/pkrec





SPECIAL EVENTS

Wedding Extravaganza

Come join us for the 6th Annual Wedding Extravaganza. There will be vendors with great information and awesome giveaways along with live bridal fashion shows present at this event!

Date: Saturday, 1/27

10:00 a.m.-3:00 p.m.

Location: Salisbury Civic Center

Father/Daughter Dance

(girls ages 4-13)

Are you looking for a way to show your daughter that she is special? Take her to the Father/Daughter Dance. There will be dancing, snacks, games, door prizes and more fun to enjoy all evening long. Curtis Treece will be our DJ and a photographer will be ready to take pictures beginning at 5:30 p.m. for your memory keepsake. Dress is semi-formal and tickets are limited to the first 300 participants.

Tickets go on sale 1/8 for City residents only!

Public ticket sales begin on 1/11

Dance date: Saturday, 2/3

6:00-9:00 p.m.

Cost: \$8 dads, \$6 daughters

Location: Salisbury Civic Center



Craft Show

Be a part of the festivities at our indoor Craft Show at the Salisbury Civic Center. Crafts featured at this event will include bath products, bags, belts, frames, flower arrangements, wood crafts and much more. Music and food will be provided.

This event will be indoors so the event will happen rain or shine.

Dates: Saturday, 3/17

9:00 a.m.-4:00 p.m.

Sunday, 3/18

1:00 p.m.—5:00 p.m.

Vendors need to register by: 2/23

Vendor fee: \$30 per booth

Public admission at no charge

Location: Salisbury Civic Center

Salisbury Doll Show & Sale

The Civic Center will be packed with antiques, porcelain, fashion, artist, collectible, modern and other types of dolls, doll furniture and accessories. Dealers from more than seven states will be participating. This event is being coordinated by the Rowan Doll Society of North Carolina. Some of the proceeds from the event will benefit Rowan Helping Ministries.

Date: Saturday, 4/21

10:00 a.m.-4:00 p.m.

Admission: \$3, Children under 12 are admitted at no charge

Location: Salisbury Civic Center



**Please register no later than one week in advance
for classes!**



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Salisbury NC 28147

336-633-3436

www.bankofnc.com



Advanced Hair Braiding

Instructor: Monica Lawing

Want to learn how to braid hair? Learn several different advance braiding techniques. This class will teach you how to do the flat twist, kinky twist and silky twist. Supplies will be provided.

Dates: Tuesday, 2/13 or 4/10

Cost: \$15 city \$30 non-res.

5:00-7:00 p.m.



Senior Citizen Health Fair

Join us at Miller Center for our Senior Health Fair. The health fair will feature various vendors from the community distributing information and other useful tips on health and wellness.

Date: Thursday, 3/1

10:00 a.m.-12:00 p.m.

no charge

Park Partners 2007

Salisbury Parks & Recreation would like to thank our Winter 2007 Park Partners. Their generous donations and continued support provide funding for brochure printing, event advertising and strong community outreach.



Granite Quarry

Faith

Rockwell

China Grove

Salisbury

N. Main St.

Jake Alexander Blvd.

Statesville Blvd.

Avalon Dr.

Kannapolis

Dale Earnhardt Blvd.

Concord

Church St. N



For more information, please
call Salisbury Parks &
Recreation at

704-216-PLAY

or visit

www.salisburync.gov/pkrec

Mission Statement

To provide quality leisure services
through safe, attractive maintained
parks and diversified programs
that meet the current and future
needs of the community.

SPECIAL EVENTS



Mother Son Dance

Coordinator: Judy McDaniel

Mother's grab your sons and sons grab your mothers and come enjoy an evening of dance at the Salisbury Civic Center.

Date: Saturday, 3/10

6:00-9:00 p.m.

Cost: \$7 sons, \$7 mothers

Location: Salisbury Civic Center

County Wide Talent Show

Don't waste your talent singing in the mirror, show it to the world. Middle school and high school students come out and show us your talents!

Show date: Friday, 6/1

7:00-10:00 p.m.

Cost: \$10 per person, \$20 per group (3 or more)

Location: Salisbury Civic Center

Middle School Prom

Salisbury Parks and Recreation will offer its first ever Prom for middle school students. Come join us for refreshments, music and fun for all!

Date: Saturday, 5/19

6:00-10:00 p.m.

Cost: \$10 per person

Location: City Park Center



Second Chance Prom

Salisbury Parks and Recreation is proud to present a high school prom for all county high school students. A king and queen will be crowned!

Date: Saturday, 6/9

7:00-11:00 p.m.

Cost: \$20

Location: Salisbury Civic Center

**Please register no later than one week
in advance for classes!**

3 Easy Ways to Register

1. Visit us on line at:

www.salisburync.gov/pkrec

2. Stop by in person

3. Mail payment to:

Salisbury Parks & Recreation

P.O. Box 4053

Salisbury, NC 28145-4053



**FOR
PROGRAM
INFORMATION
704-216-PLAY**

ACTIVITIES JUST FOR KIDS!
City Park Center—316 Lake Drive
704-638-5295
Paul Moore—Recreation Coordinator
Vivian Koontz—Recreation Programmer

After School Program

The City Park After School program provides assistance with homework, arts and crafts, outdoor activities, field trips, and much more for school aged children.

Dates: Monday—Friday 2:30-5:30 p.m.

Cost: \$20 week/city \$40 week/non-res.



Dillingham Martial Arts—Shi-To-Ryu-Karate
(for ages 5 and up)

Instructor: Larry Dillingham—4th degree black belt sparring tri-state champ
Come learn one of the fastest growing Japanese Okinawain Karate skills in the area. Benefits include character development, self-discipline, self respect, self control and a gained respect for others.

Dates: Tuesdays & Thursdays, 1/9-4/26

Tuesdays, 5:30– 7:30 p.m.

Thursdays, 5:00-7:00 p.m.

Cost: \$10 one time registration fee

\$40 per participant/month

Family discounts are available. Please ask us!



Jennifer's School of Dance

Instructor: Jennifer Paxton

Children ages 3 and up will learn ballet, jazz, tap, pointe, acrobatics and baton.

Dates: Mondays, January-April

6:30-7:30 p.m.

Cost: \$35 month/city \$70 month/non-res.

School's Out Fun Days

Come to City Park for an exciting day of activities, crafts, field trips and fun times spent with friends.

Dates: Tuesday, 1/2 & Monday, 1/22

7:30 a.m.—5:30 p.m.

Cost: \$15 day/city \$30 day/non-res.

Cheer America

(for girls ages 4-14)

Girls will learn basic cheer fundamentals and fun routines while increasing their physical fitness, artistic expression, competitive spirit, confidence and poise.

Dates: Thursdays, 2/1-5/17

6:30—8:00 p.m.

Cost: \$6 per class



Learn How to Learn

Instructor: Terry Cassell, Executive Director, Jabez Family Outreach
Having difficulty making good grades. Do you know the material and still score low on the test? This study course on how to learn will offer guidelines that are proven effective.

Class date: Saturday, 2/10

9:00 a.m.-1:00 p.m.

Cost: \$25 city \$40 non-res.

World Cup Babies

World Cup Babies is an exciting league designed for children ages 3-5 to learn basic soccer skills and have fun. Kids will learn the concepts of teamwork, working hard, and having fun. Volunteer coaches are needed, please call if you are interested!

Program dates: Saturdays, 4/21—5/26

9:30 a.m.-12:30 p.m.

Cost: \$30 city \$60 non-res.



Summer Camp Registration

(youth ages 5-12)

Miller Center will be offering another exciting year of summer camp! Campers will enjoy arts and crafts, educational activities and fun trips. Don't be left out, sign up today!

Camp dates: Monday-Friday beginning 6/11

7:30 a.m.-5:30 p.m.

Cost: \$60 week/city \$120 week/non-res.



ADULT/FAMILY PROGRAMS
Miller Center—1402 W. Bank Street

Red Hat Society

Come socialize with these, smart, fun loving and sisterly bunch of women. The group loves to travel, meet new people, have local luncheons and strut their stuff wearing those beautiful red hats.

Meetings held throughout the year.

Contact Miller Center at 704-638-2217 for details!

Miller Center Seniors Social Organization

Join this lively bunch of seniors that have fun doing everything from arts and crafts to taking trips out of town. Spend your morning learning new things and meeting new people.

Dates: Every Thursday

10:00 a.m.-12:00 p.m.

Cost: no charge

Fancy Wig

Instructor: April Butler

Need them short, long, curly or straight? Come learn the basic techniques of wig making.

Date: Tuesday, 1/16

5:30-7:30 p.m.

Cost: \$25 city \$50 non-res.



Homemade Soup

Instructor: Connie Woodbury

Learn how to make home made soup just in time for the cold winter months. All materials provided.

Date: Monday, 1/22

6:00-7:30 p.m.

Cost: \$15 city \$30 non-res.

Senior Social Luncheon

This program is strictly for seniors. Enjoy a wonderful day at Miller Center. Treat yourself, you deserve it!

Date: Thursday, 2/1

10:00 a.m.-12:00 p.m.

Cost: no charge





Valentines Day Cookie Baking Class

(for ages 5-13)

This program is designed for all cookie lovers! Learn how to make various valentine day cookies to share with friends and family.

Date: Tuesday, 2/13

5:30-6:30 p.m.

Cost: \$5 city \$10 non-res.

Fabulous February Fun Day

Kids out of school? Let us provide supervision for your child while you are at work. Activities include games and trips. Parents, please bring snacks and a bag lunch for your children.

Date: Monday, 2/19

7:30 a.m.-5:30 p.m.

Cost: \$15 city \$30 non-res.

Magic Class

(ages 8- adult)

Come learn the basic fundamentals of magic while learning ways to do new tricks. Fun for the whole family is guaranteed. Supplies are included in the fee.

Dates: Wednesdays, 3/7-3/28

5:30-6:30 p.m.

Cost: \$20 city \$40 non-res. (4 week session)



March Madness

School's Out—we've planned a variety of structured activities and events for your child. Parents need to bring snack and bag lunch for their children.

Date: Friday, 3/23

7:30 a.m.-5:30 p.m.

Cost: \$15 city \$30 non-res.

Volleyball Clinic

Come out for a fun day of volleyball activities. This clinic will include learning basic fundamental skills, fun games and exciting competition. Don't miss out!

Date: Saturday, 3/31

10:00 a.m.-2:00 p.m.

Cost: \$5 city \$10 non-res.

Location: Hall Gym

Egg-cellent Egg Design Class

(ages 5-13)

Welcome spring with this festive egg painting class. Several different egg design techniques will be demonstrated in an open learning setting.

Date: Thursday, 4/5

5:30-6:30 p.m.

Cost: \$4 city \$8 non-res.



Spring Break Camp

Do you want your child to enjoy their spring break in a safe, structured and fun filled environment? Activities include: sports, movies, trips and much more.

Dates: Monday-Friday 4/9-4/13

7:30 a.m.-5:30 p.m.

Cost: \$60 week/city \$120 week/non-res.

Dance Class

Have you ever wanted to learn a dance routine? Miller Center will be holding a one day dance class to show participants various dance routines.

Date: Thursday, 4/19

5:30-7:30 p.m.

Cost: \$4 city \$8 non-res

Winter Poetry Contest

Showcase your writing talent! Submit your best poem for publication and entry into our winter poetry contest. All participants receive a soft bound anthology of the submitted poems with registration fee. Visit our website at www.salisburync.gov/pkrec for rules and regulations. Prizes will be awarded for 1st, 2nd and 3rd place.

Entries will accepted from 2/12-3/23

Cost: \$8



February Fun Day

Come join us for an exciting day while you're out of school. Enjoy crafts, games, trips, and fun times spent with friends.

Date: Monday, 2/19

7:30 a.m.-5:30 p.m.

Cost: \$15 day/city \$30 day/non-res.

March Mania

Kids, come and enjoy a fun filled day at City Park Center.

Date: Friday, 3/23

7:30 a.m.-5:30 p.m.

Cost: \$15 day/city \$30 day/non-res.

Beginner Group Tennis Lessons

(two sessions)

Instructor: Brian Norton

Youth ages 8-14 are encouraged to join out group tennis lessons. The Beginner 1 session will focus on rules of the game, grips, forehand, backhand, overhead, volley and drop shots. The Beginners 2 session will focus on continuation of proper techniques of strokes, production of overhead, volley, serve, drop shot, plus game situations. There must be at least five registered participants paid to conduct each session.

Session 1: Tuesdays & Thursdays 3/6-3/15

8-10 yr. olds 6-7 p.m.

11-14 yr. olds 7-8 p.m.

Session 2: Tuesdays & Thursdays, 3/20-3/29

8-10 yr. olds 6-7 p.m.

11-14 yr. olds 7-8 p.m.

Cost: \$15 city /per session \$30 non-res./per session

First Ever Murder Mystery Dinner Theatre

"Once Upon a Murder"

(for teens ages 12-16)

Once upon a time, there was a young boy...and he was murdered! All participants are suspects in a fictional murder/mystery case. Join us for old fashioned food and fun!

Space is limited to five girls and three guys only !

Date: Friday, 3/30

7:00-9:30 p.m.

Cost: \$20 per person/city \$30 per person/non-res.



"Spring Sling" Disc Golf Tournament

Get ready to launch your discs at our annual "Spring Sling" Disc Golf Tournament.

Tournament layout will consist of four nine hole rounds. Standard disc golf rules apply.

Trophies and prizes will be awarded. Refreshments and snacks will also be provided.

Entry deadline: Wednesday, 3.21

Tourney date: Saturday, 3/31

Cost: \$12 Late entry fee: \$17 (after deadline)

Location: Kelsey Scott Park

Intermediate Tennis Lessons

Instructor: Brian Norton

These intermediate tennis lessons are specially designed session to take you through the proper techniques and form to help you set points and build consistency in your game. Must have at least 5 registered and paid to conduct classes.

Dates: Tuesdays & Thursdays, 4/3-4/12

8-11 yr. olds 6-7 p.m.

12-16 yr. olds 7:00-8:00 p.m.

Cost: \$15 city \$30 non-res.

Touch a Truck

Join us at our first "Touch a Truck" day. Children will be given the opportunity to touch, feel, climb through and get in and out of every truck available on site. Your child may find fire trucks, dump trucks, police cars and an array of other interesting vehicles. If you would like to display your vehicle during this event contact Vivian at 704-638-5295.

Date: Saturday, 3/31

10 a.m.-1 p.m.

Cost: no charge



Spring Break Camp

(youth ages 5-12)

Come have fun at our Spring Break Camp by participating in lots of games, activities and trips.

Camp dates: Monday-Friday, 4/9—4/13

7:30 a.m.-5:30 p.m.

Cost: \$60 week/city \$120 week/non-res.



Super Summertime Camp Registration

(youth ages 5-12)

Our summer camp offers an exciting variety of educational and recreational activities, arts & crafts, swimming, games, team building activities, movies, guest speakers and field trips. Campers also receive a t-shirt and box lunches. Want to learn more about our camp? Drop by City Park and pick up our parent/participant information packet.

Registration begins: Monday, 4/16 for city residents only

Open registration begins: 4/23

Dates: Monday-Friday beginning 6/11-early Aug.

7:30 a.m.-5:30 p.m.

Cost: \$60 week/city \$120 week/non-res.

Salisbury Parks and Recreation & Kiwanis

Junior Open Tennis Tournament



USTA sanctioned junior tennis players—it's time to racket up for our 3rd Annual Junior Open tennis tournament. This is a USTA sanctioned singles tournament for boys & girls 18 & under, 16 & under, 14 & under, 12 & under and 10 & under. Players must be USTA members to enter.

Registrations are only accepted online at www.nctennis.com

Tournament ID#: 703909307

Entries will be accepted beginning: 4/30

Entry deadline: 6/17 by 11:59 p.m.

Public draw for tournament will be held at City Park Center on Wednesday, 6/20.

Dates: Friday-Sunday, 6/22-6/24

Cost: \$25 per player

Location: City Park and Catawba College tennis courts

(If you don't have a computer drop by City Park to register.)

Men's Corporate Softball League

This league is an USSSA sanctioned corporate league for men 16 & over.

The sanction fee will be paid separately (\$20). Teams play twice a week.

Dates: Monday-Thursday 4/16 - 7/12

6:00-10:00 p.m.

Cost: \$450 +\$20 USSSA sanction fee per team

Location: Kelsey Scott Park & Salisbury Community Park



ACTIVITIES JUST FOR KIDS!

Miller Center—1402 W. Bank Street

704- 638-5297

Talita McCain—Recreation Coordinator

Lakai Brice—Recreation Programmer

After School Program

Looking for after school care? We offer homework assistance, snack time, free play and local field trips. Parents must provide snacks for children.

Dates: Monday-Friday (during school year)

2:30-5:30 p.m.

Cost: \$20 week/city \$40 week/non-res.



Teen Club

Teenagers can now come out and join the coolest club in town. This club will organize several fun and educational activities.

Interest meeting: Thursday, 1/25

6:00 p.m.

Jamming January

School's out so come to the Miller Center for some fun! Kids will enjoy crafts, trips and much more.

Date: Monday, 1/22

7:30 a.m.-5:30 p.m.

Cost: \$15 city \$30 non-res.

Miller Center Steppers

Miller Center is forming its very own step team. This dynamic group of steppers will combine step and dance and perform at various locations and events. Come be a part of this fun program!

Interest meeting: Thursday, 2/8

6:00 p.m.

PS2 Madden Tournament

Come test your Madden skills in a single elimination tournament.

Date: Monday, 1/22

1:00 p.m.

Cost: \$5 city \$10 non-res.

Volleyball Fundamentals

Middle school and high school girls can come out and learn the fundamental skills of volleyball. This will be a very helpful class for those interested in playing volleyball in school or in a recreational setting.

Date: Saturday, 2/10

1:00-3:00 p.m.

Cost: \$5 city \$10 non-res.

Location: Hall Gym



First Aid Class

Instructor: Brian Miller

Have you ever wanted to learn what to do if someone is in need of first aid?

Register for our first aid class!

Dates: Wednesday, 1/17 or 1/31

6:00-8:00 p.m.

Cost: \$20 city \$40 non-res.

State Clinic USSSA Umpire Certification

This softball clinic is an annual certification designed to enable participants to work leagues and tournaments. All Salisbury Parks and Recreation umpires must be USSSA certified.

Date: Sunday, 1/28

1:00-4:00 p.m.

Cost: \$60 payable to USSSA

Location: Salisbury Civic Center



NYSCA Coaches Certification

The NYSCA Coaches Certification program features vital information on coaching children, first aid, safety, maximizing athletic performance, organizing fun and interesting practices, techniques on teaching specific skills and a variety of other important areas. This course is required for all first year Jr. WNBA coaches and coaches who were not previously certified.

Date: Monday-Thursday, 1/29-2/1

6:30-7:30 p.m.

Cost: no charge

Softball Umpire Clinic

USSSA certified umpires are needed to call softball games for the Parks & Recreation Department. Any person interested in umpiring softball games must attend this clinic to call in the league. Leagues will run from April-November.

Dates: Sunday, 3/4

5:00 p.m.

Sunday, 3/11

5:00 p.m.

Tuesday, 3/13

6:30 p.m.

Cost: \$60 payable to USSSA



Beginner's Running Training Program

Instructor: Salisbury Rowan Runners Club

This course is a comprehensive instructional approach to provide new runners with all the info needed to begin the process. Eight weekly sessions are provided with classroom training on nutrition, shoes and other related topics followed by a workout around City Park. Individual coaching will be provided so each new runner can progress at their own pace. The programs will culminate with membership in the Runners Club and include an entry in a local 5K race.

Dates: Tuesdays, 3/13-5/1

6:30-7:30 p.m.

Cost: \$35 payable to Salisbury Rowan Runners Club

Meeting location: City Park Center



Adult Soccer League

This league is an US Soccer Association adult soccer league for ages 16 & up.

The league will run 10 weeks with a post season tournament.

Coaches meeting: Tuesday, 3/6

Program dates: Sundays, beginning 3/18

2:00-6:00 p.m.

Cost: \$85 per player

Location: Salisbury Community Park



ADULT/FAMILY ACTIVITIES City Park Center—316 Lake Drive

Over 40 Aerobics

Are you over 40 and looking for a place to get some exercise? Come and enjoy the benefits of low impact aerobics via videotape. Get your heart pumping and your blood flowing!

Dates: Mondays & Thursdays, January—April

9:30-10:30 a.m.

Cost: no charge

Ballroom Dancing

Instructor: Jennifer Paxton

Grab a partner and come learn ballroom dancing techniques.

Dates: Fridays, January-April

7:00-8:00 p.m.

Cost: \$40 mo./per couple \$80 mo./per couple



Cardinal Squares

Instructor: Norman & Effie File

Do-Ci-Do and join in with the Cardinal Squares each Tuesday evening for modern western square dancing. The cold weather never keeps this exciting group away, so put on your dancing shoes and heat up the floor!

Dates: Tuesdays, January-April

7:30-9:30 p.m.

New Creative Memories

Instructor: Andrea Shuping

Each New Year comes with new memories for your scrapbook. Come create, update and recreate at this workshop. The workshop includes "Crop Talk: lessons and much more. Bring your own supplies or purchase them at the class. Lunch is provided.

Dates: Saturdays, 1/13, 2/10, 3/10, & 4/14

10:00 a.m.-3:00 p.m.

Cost: \$12 per participant/class



Time and Financial Management

Coordinator: Terry Cassell

This class is designed to help people see how to discipline their time and set up a budget that will work for them. You will leave the class with a tangible plan.

Date: Saturday, 1/20

9:00 a.m.-1:00 p.m.

Cost: \$40 city \$60 non-res.

Parenting 101

Instructor: Terry Cassell

This class is for anyone interested in improving their parenting skills.

Class date: Saturday, 3/17

9:00 a.m.-1:00 p.m.

Cost: \$40 couple/city \$60 couple/non-res



Valentine Candles & More

Instructor: Bill Lockhart

Give that special someone in your life a valentine candle made by you! You will also learn how to make a variety of other candles. All supplies will be provided. This is a two-day workshop.

Class dates: Wednesday & Thursday, 2/7 & 2/8

6:00-8:00 p.m.

Cost: \$12 city \$24 non-res.

Natural Flower & Garden Project

Calling all green thumbs. Come share your ideas and enthusiasm to help bring our natural flower and garden project to life.

Organizational/ Prep meeting—Monday, 2/19

5:30-6:30 p.m.

Project ground breaking will begin in March, 2007

Cost: no charge

Murder Mystery Dinner Theatre “And the Winner is...Murder!”



Lights...Camera...Action! As Hollywood nightlife gears up for its annual film awards, a murder takes place! You are a suspect and are invited to join us for an evening of intrigue, fun and fictional murder/mystery! Space is limited to 6-8 players.

Date: Friday, 2/23

7:00-9:30 p.m.

Cost: \$32 person/city \$42 person/non-res. (includes meal and gratuity)

Location: The Wrenn House

Carolina Shag Lessons for Beginners

Get out of that house and come learn the Carolina Shag. Its doesn't matter if you have no rhythm or two left feet. Don't have a partner—that's okay too.

Class dates: Monday's 3/5—4/9

6:00-7:15 p.m.

Cost: \$15 per person/city

\$30 per couple/city

\$30 per person/non-res.

\$50 per couple/non-res.

Hump Day Disc Golf Tourney

Pack your disc's and head on out to Kelsey Scott Park. We'll play the 1st round from the blue tees and the 2nd round from alternate tees. A hot dog cookout will follow.

Tournament Date: Wednesday, 3/7

Tee time: 5:30 p.m.

Cost: \$10 entry fee / \$5 ace pool (optional)

Location: Kelsey Scott Park



Speed Dating

Single and looking for a friend or possible partner? Come to City Park for speed dating. Participants in this program will enjoy refreshments, fun, laughter, new friends with the hope of gaining something more.

Date: Friday, 3/9

7:00-9:00 p.m.

Cost: \$5 city \$10 non-res.

ACTIVITIES JUST FOR KIDS!

**Civic Center—315 S. Boundary Street
704-638-5275**

**Jeff Holshouser—Recreation Coordinator
Teri Shaw—Recreation Programmer**

Crescent Cloggers - for all ages

Instructor: Ginger Fagan

Clogging class is open to all ages at any skill level. Cloggers perform at various festivals and outings throughout the year. Come join in the fun!

Three class levels: Beginner, Intermediate and Advanced

Dates: Wednesdays, 1/3-4/25

Beginner: 5:30-6:15 p.m. Intermediate: 6:15-7 p.m. Advanced: 7-7:45 p.m.

Cost: \$15 city/per session (2 months) \$20 non-res. per session (2 months)

Girl's Coach-Pitch Softball

(ages 5-7)

This softball league will give girls the opportunity to develop their skills, build character and teach teamwork to get ready for fast-pitch softball. The age cut-off is 5/1/07.

Game days: Tuesdays & Thursdays, 4/3-6/7

5:30-8:30 p.m.

Cost: \$30 city \$60 non-res.

Location: Salisbury Community Park



Girl's Fast-Pitch Softball

2 age groups (ages 8-10) (ages 11-14)

This girl's fast-pitch softball league will give girls the opportunity to develop their skills, build character and learn teamwork. Teams are formed by a placement draft.

The age cut-off 5/1/07.

Practices begin: 4/2

5:30-8:30 p.m.

Games begin: 4/24

5:30-8:30 p.m.

Cost: \$30 city \$60 non-res.

Location: Salisbury Community Park



Cane Street Stormers Hockey

(coed ages 7-13)

Interested in playing street hockey? This is program for you. All skills are levels welcome.

Dates: Fridays, 4/13-5/25

3:30-4:30 p.m.

Cost: \$10 city \$20 non-res.

ATHLETIC ACTIVITIES/ADULTS & FAMILIES

Hall Gym—1400 W. Bank Street



Supervised Walking Program at the Greenway

Instructor: Bob Zirt - 704-637-3456

The Salisbury Parks & Recreation Department and Salisbury Rowan Runners Club invites you to walk the Salisbury Greenway. Our supervised walking program is designed to promote the benefits of walking, exercise and healthy lifestyles and to learn more about the Greenway.

Location: Knox Middle School (next to the tennis courts)

Dates: Monday, Wednesday, Friday (year round)

Walk begins at 5:30 p.m.

Adult Morning Walk

This is a great opportunity for adults to continue to exercise during the winter months inside a warm and dry facility. Come to Hall Gym during the months of February and March and walk at your own pace and stay healthy.

Dates: Tuesdays & Thursdays beginning 2/2

10:00 a.m.-12:00 p.m.

Cost: no charge

Adult CPR Class

Instructor: Brian Miller

Have you ever wanted to learn CPR? Now is the time to learn. This class is designed to teach you what to do in case there is an adult in need of CPR.

Date: Wednesday, 1/10 or 1/24

6:00-8:00 p.m.

Cost: \$20 city \$40 non-res.

Jr. Bobcats Coed Basketball

(boys & girls ages 5-6)

This is a great chance for your young ones to build friendships, learn teamwork, fundamental basketball skills and have an overall great learning experience.

Practices begin: 1/29

6:00-8:00 p.m.

Games begin: 2/16

9:00 a.m.-1:00 p.m.

Cost: \$30 city \$60 non-res.



Jr. Sting Girls Basketball

(girls ages 7-15)

This youth basketball league will build character, teach teamwork, fundamental basketball skills and provide a great overall learning experience. Teams will be assigned by a pre-season player placement draft for ages 9-15, for players advancing to next age group or new incoming players.

Practices begin: 1/29

5:30-8:30 p.m.

Games begin: 2/16

9:00 a.m.-3:00 p.m.

Cost: \$30 city \$60 non-res.

Girl's Fast-Pitch Softball Clinic

(ages 8-18)



Come learn the fundamentals of fast pitch softball from Catawba College coaches and players. Drills will consist of hitting, fielding and pitching. Two sessions will be held according to age.

Dates: Sunday, 2/4

Ages 8-11: 1:00-3:00 p.m.

Location: Catawba College softball fields

Ages 12-18: 3:00-5:00 p.m.

Cost: no charge

Spring Flag Football

This program will develop your running, passing and catching skills in the sport of football. League is for all boys and girls grades K-8. There will be three divisions: K-2nd, 3rd-5th and 6th-8th. Teams will have one game per week.

Practices begin: 3/12

5:30-7:30 p.m.

Games begin: 3/29

5:30-7:30 p.m.

Cost: \$30 city \$60 non-res.

Location: Salisbury Community Park

Spring Youth Volleyball League

(for girls and boys in grades 3-5)



This league will give area youth the opportunity to develop skills, build character, teach teamwork and learn the game of volleyball. Teams will play twice a week.

Practices begin 3/26

5:30-8:30 p.m.

Games begin 4/17

5:30-8:30 p.m.

Cost: \$30 city \$60 non-res.

Middle School Volleyball League

(girls grades 6-8)

This league will help girls prepare to play high school volleyball. Girls will play for their respective middle school and additional teams will be formed if needed.

Practices begin: 3/26

5:30-8:30 p.m.

Games begin: 4/17

5:30-8:30 p.m.

Cost: \$30 city \$60 non-res.

MLK Poetry Contest

Martin Luther King Jr.—what does that name mean to you? We want you to tell us with an original poem written by you. Prizes will be awarded to 1st & 2nd place winners. Mail in your poem along with entry fee to: Salisbury Parks & Recreation, Attn: Teri Shaw, P.O. Box 4053, Salisbury, NC 28145.

Entries must be postmarked by 1/27 (limit of two poems per person)

Cost: \$2 city \$4 non-res.



Hip Hop Dance

(ages 4-14)

Instructor: Young Olympians

Hip Hop is a fun and exciting dance program for children. The program promotes coordination, confidence, artistic expression and physical fitness. Development of rhythmical awareness and dance education is provided for all levels from beginners through advanced.

Class Dates: Tuesdays, 2/6-5/1

Ages 4-6: 6:00-6:45 p.m.

(There will be no classes on 3/27)

Ages 7 & over: 6:45-7:30 p.m.

Cost: \$6 per class, plus a one time registration fee of \$6

Valentine's Day Poetry Contest

Calling all children! If you love to write then write and submit an original poem about this Valentines Day. Prizes will be awarded to 1st & 2nd place winners. There is a limit of two poems per person. Mail your poem along with the entry fee to: Salisbury Parks & Recreation, Attn: Teri Shaw, P.O. Box 4053, Salisbury, NC 28145

Entries must be postmarked by 2/19

Cost: \$2 city \$4 non-res.



Parent's Night Out and Valentine Fun for Kids

(ages 6-13)

Go out for some fun on Valentine's Day and leave the little ones with us. We'll have crafts, games and lots of fun to fill the evening while you enjoy yours.

Date: Wednesday, 2/14

5:00-8:00 p.m.

Cost: \$12 city \$24 non-res.

Tennis Lessons

(for youth ages 5-13)

Instructor: Marlon Henderson

Beginner and advanced lessons are available as well as group lessons for interested youth to come and learn the game of tennis! Private lessons available upon request.

Classes begin: 4/11 through November

ages 5-6: Wednesdays from 4:00-5:00 p.m.

ages 8-10: 5:00-6:00 p.m.

ages 11-13: Thursdays from 4:00-5:00 p.m.

Cost: \$30 month/\$9 per class city \$60 month/\$18 per class non-res.



Easter Egg Hunt

Sponsored by Eastside Community Club

Bring your baskets and gather up the family. Lots of exciting games and prizes.

Food and refreshments provided.

Event date: Tuesday, 4/3

5:00-6:00 p.m.

Cost: no charge

Tot Trotters for children

(ages 3-5)

Looking for some athletic fun for your toddler? Kids will go through 2 weeks of track and field event training and then perform at the BIG EVENT.

Class dates: Saturdays, 4/14 & 4/21

10:00 a.m.-12:00 p.m.

Big event date: 4/28

10:00 a.m.-2:00 p.m.

Cost: \$7 city \$14 non-res.

ADULT & FAMILY ACTIVITIES **Civic Center—315 S. Boundary Street**

Fitness

Come workout at the Civic Center with Nautilus machines and free weights. Improve your cardiovascular system and start feeling better today!

Days: Monday-Thursday

8:00 a.m.-8:00 p.m.

Fridays

8:00 a.m.-6:00 p.m.

Saturdays

9:00 a.m.-5:00 p.m.

Cost: \$2/daily \$18 month (city) \$4/daily \$25 month (non-res.)



Yoga Class

Certified Instructor: Denise Paugh

Yoga is a great way to get in touch with your inner person while increasing flexibility and toning the body.

Classes begin: Thursday, 1/4

5:00-6:00 p.m.

Cost: \$10 per class or \$32 month



Pilates Class for all ages

Certified Instructor: Denise Paugh

Pilates is a low impact method of stretching and strengthening the body with controlled smooth movements, leaving less room for injury.

Classes begin: Thursday, 1/4

6:00-7:00 p.m.

Cost: \$10 class or \$32 month

Income Tax Knowledge

Instructor: Annie Rice

Get ahead of the Internal Revenue Service! Annie Rice, owner of Success Tax Service is offering a free one night class to inform you on the latest tax laws.

Class date: Tuesday, 1/9

6:00-7:30 p.m.

Cost: no charge



New Year's Racquetball Tournament

Start the New Year with a weekend of competitive play at our annual racquetball Tournament, which will include singles and doubles matches.

Tourney dates: Friday and Saturday, 1/19-1/20

Cost: \$15 singles \$20 singles & doubles \$10 doubles only

Racquetball League

Come join the racquetball league today. This 10 week program is offered at a low cost and provides weeks of fun.

League dates: 2/5-4/13

Cost: \$15 city \$30 non-res.



Basic Home Manners

(ages 5 months and older)

Instructor: Elaine Allman

Need help with your canine companion? Lessons included in this course include building a trusting relationship, attention, sit, down, stay, walking on loose leash, and responding when called. Dogs must have all current vaccinations and current rabies Certification to participate. The class is limited to six dogs!

Session I: Mondays 1/22-2/26

7:00-8:00 p.m.

Session II: Mondays, 4/16-5/21

5:45-6:45 p.m. or 7:00-8:00

Cost: \$30 city \$60 non-res.

Puppy Kindergarten

(ages 12 week through 4 months)

Instructor: Elaine Allman

This class is the puppy's first step. Lessons include responding when called, sit, down, walking on loose leash, housetraining, socialization and helpful information on biting, chewing and digging. Puppies must have three sets of vaccinations and a current rabies vaccination to participate. The class size is limited to six dogs.

Class dates: Mondays, 1/22-2/26

5:45-6:45 p.m.

Cost: \$30 city \$60 non-res.

ATHLETIC ACTIVITIES JUST FOR KIDS!

Hall Gym—1400 W. Bank Street

704-638-5289

Steve Clark—Recreation Coordinator

Tim Pittman—Recreation Programmer



Open Gym

Come to Hall Gym during our open gym times listed below and just shoot hoops or get into a pick-up game. Work off that excess energy and stress! All ages are welcome.

Dates: Monday -Thursday, December to April

12:00 - 8:00 p.m.

Fridays - 12-5 p.m. Saturdays

10:00 a.m. - 1:00 p.m.

(Hours of operation may vary depending on programs being offered.)

Cost: no charge

Catawba Basketball Games

Want to see a Catawba basketball game? This is your chance and it's FREE. Wear your Jr. Bobcat jersey and the staff will take care of the rest.

Dates: Saturday, 1/27 or 2/10

Leave Hall Gym at 3:30 p.m.

Games begin at 4 p.m.

Location: Goodman Gym at Catawba College

Jr. Sting Girl's Basketball Clinic

(ages 7-15)

Instructor: Jennifer Shoaf

Join us for the pre-season Jr. Sting Basketball Clinic featuring Jennifer Shoaf, Salisbury High Girl's Head Coach and the Salisbury High School Women's team.

Date: Saturday, 2/10

10:00 a.m. - 12:00 p.m.

Cost: no charge